

Resource Guide for Supporting Students with Eating Disorders

School staff play an important role in supporting students' overall health, including recognizing and responding to concerns related to eating disorders and body image. A coordinated, team-based approach helps ensure students receive timely and appropriate care. Schools can:

- promote healthy, inclusive messages about food and body image;
- follow mental health referral and crisis protocols;
- involve families and outside providers when appropriate and with consent; and
- work together to maintain a safe, responsive environment for students showing signs of concern.

This guide highlights resources across the state for supporting students with eating disorders.

Resources

For School Staff:

- Centers for Disease Control (CDC): [Guidelines for School Health Programs to Promote Lifelong Healthy Eating](#)
- National Association of School Psychologists (NASP): [Supporting Students With Eating Disorders: A Three Step Approach for School-Based Professionals](#)
- National Eating Disorders Association (NEDA): [Educator Toolkit](#)
- Tennessee Department of Education (TDOE): [Comprehensive School Mental Health Implementation Guide for Districts](#)

For Parents and Caregivers:

- National Eating Disorders Association (NEDA): [Parent Toolkit](https://www.nationaleatingdisorders.org/parent-toolkit)
- Academy for Eating Disorders (AED): Family guidance and treatment information: <https://www.aedweb.org>
- Mental Health America: [Eating Disorders and Youth](#)
- Focus Treatment Centers (Chattanooga, TN): [Focus Treatment Centers](#)
- East Tennessee Behavioral Health (Knoxville, TN): [Knoxville Eating Disorder Treatment Center](#)
- The Renfrew Center (Nashville, TN): [Expert Eating Disorder Treatment](#)
- Tennessee Eating Disorder Treatment Directory: [Tennessee Eating Disorder Treatment Centers, Therapists & Dietitians](#)
- KidCentralTN: [Eating Disorders](#)
- [Eating Disorder Treatment Centers in Tennessee](#)

For Students:

- [National Alliance for Eating Disorders \(NEDA\)](#): Support groups and helpline
 - NEDA Helpline: Call or text 1-866-662-1235 and press 3 for eating disorder-related support
- 988 Suicide & Crisis Lifeline: Call or text 988 or chat with 988lifeline.org

Disclaimer:

The above resources and links are for informational purposes only and do not represent official policies, procedures, or guidance of the Tennessee Department of Education (department). The department bears no responsibility for the accuracy, legality, or content of the external sites. Educators and families are responsible for reviewing and determining the appropriateness of resources for their students and communities. It is recommended that all content be carefully evaluated to ensure alignment with student needs.